



# Newsletter

May 2017  
Issue 16, Vol. 1



**How to Survive a Stroke**  
**Nursing Talk**  
**AND MORE...**

# How to Survive a Stroke



**When a stroke happens, every second counts. The best chance for a full recovery from stroke comes from recognizing stroke symptoms, calling 9-1-1, and getting treatment as quickly as possible. For National Stroke Awareness Month, learn the symptoms of stroke and why calling 9-1-1 can help you or a loved one survive a stroke.**

Every year in the United States, nearly 800,000 people have a stroke.<sup>1</sup> Stroke is the fifth leading cause of death and a major cause of disability in adults.<sup>1</sup> Yet 1 in 3 stroke patients never takes advantage of a key resource that would improve their odds of recovering from stroke: emergency medical services (EMS).

## Step 1: Know the Signs

Don't be caught off guard. Know the signs of stroke and make a commitment to yourself and your loved ones to **call 9-1-1 right away if you notice any of the signs of stroke.**

Stroke symptoms include:<sup>4</sup>

- Sudden numbness or weakness, especially if only on one side of the body.
- Sudden painful headache.
- Sudden dizziness, lack of balance, or trouble walking or speaking.
- Sudden confusion, difficulty talking or understanding.
- Sudden trouble seeing in one or both eyes.

If you think someone else is having a stroke, act F.A.S.T. with this simple test:

- **F-Face:** Ask the person to smile. Does one side of the face droop?
- **A-Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S-Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T-Time:** If you see any of these signs, call 9-1-1 right away.

## Step 2: Call 9-1-1 to Have EMS Take You to the Hospital

Your stroke treatment doesn't begin at the hospital. You may think you can get to the hospital more quickly if you drive yourself, but lifesaving treatment begins in the ambulance. EMS professionals, such as paramedics, ambulance drivers, and emergency medical technicians, are a critical part of stroke care. Studies show that by calling an ambulance, stroke patients are more likely to:<sup>2</sup>

- Get necessary drugs.
- Reach the hospital faster.
- Get treated more quickly.

In the ambulance, EMS providers will screen you for the symptoms of stroke, which can save time later at the hospital. They will find out when your symptoms started and what medicines you take, which will let hospital staff know more about how to treat you. EMS also calls ahead to the hospital's emergency depart-

ment so the staff can prepare for your arrival.

EMS providers can transport you to the hospital best equipped to treat you if you're having a stroke. Some hospitals are certified as stroke treatment centers. You can request to be taken to one of these hospitals. Find a stroke center near you [<http://www.stroke.org/understand-stroke/recognizing-stroke/emergency-stroke-center-locations>].

## Step 3: Get to the Hospital in Time for Treatment

Knowing the signs of stroke and calling 9-1-1 saves precious time. The vast majority of strokes are caused by a blockage in a blood vessel in the brain that blocks blood flow. Brain tissue dies when it doesn't get blood. Medicine can help break up the clot and restore blood flow to the brain. But stroke patients are in a race against the clock. The more time that passes without the right treatment, the greater the chance for disability. **Most stroke patients must get the clot-busting medicine within 3 hours of having a stroke.**

Unfortunately, too many people don't recognize the signs of a stroke and choose not to call 9-1-1 if they suspect a stroke. The main reason stroke patients who need the clot-busting drug or other critical treatment don't get it is that they waited too long to call 9-1-1 or get to the hospital.<sup>3</sup> In one survey, only half of people were aware of the major symptoms of stroke or knew to call 9-1-1 if they thought someone was having a stroke.<sup>1</sup>

*Continues on page 3*

# How to Survive a Stroke

Continued from page 2



You can save your life or the life of someone you know by learning what to do when a stroke happens. Share this important information with your friends and family this National Stroke Awareness Month.

## What CDC Is Doing

CDC's Paul Coverdell National Acute Stroke Program connects health care professionals across the system of care to improve stroke care and save lives. Through Coverdell, CDC currently provides funding and support to nine state health departments to track and measure acute stroke care and improve the quality of care. From 2005 to 2015, more than 620,000 Americans benefitted from hospital participation in the Coverdell program. Learn more about the Coverdell program and how it is improving the stroke continuum of care.

## References

1. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo

R, et al. [http://circ.ahajournals.org/content/early/2017/01/25/CIR.0000000000000485] Heart Disease and Stroke Statistics-2017 Update: A Report from the American Heart Association. *Circulation* 2017;135(10):e146-e603.

2. Ekundayo OJ, Saver JL, Fonarow GC, Schwamm LH, Xian Y, Zhao X, et al. [http://circoutcomes.ahajournals.org/content/6/3/262] Patterns of Emergency Medical Services Use and Its Association with Timely Stroke Treatment: Findings from Get With the Guidelines-Stroke. *Circ Cardiovasc Qual Outcomes* 2013;6(3):262-9.
3. Higashida R, Alberts MJ, Alexander DN, Crocco TJ, Demaerschalk BM, Derdeyn CP, et al. Interactions Within Stroke Systems of Care: A Policy Statement From the American Heart Association/American Stroke Association. [http://stroke.ahajournals.org/content/44/10/2961] *Stroke* 2013;44(10):2961-84.
4. CDC. (2017). Stroke Signs and Symptoms [https://www.cdc.gov/stroke/signs\_symptoms.htm].

## More Information

1. Know the Facts About Stroke [https://www.cdc.gov/stroke/docs/consumered\_stroke.pdf][640 KB]
2. Million Hearts-Æ initiative [https://www.cdc.gov/dhdsdp/data\_statistics/fact\_sheets/fs\_stroke.htm]
3. Stroke [https://www.cdc.gov/dhdsdp/data\_statistics/fact\_sheets/fs\_stroke.htm]
4. Signs and Symptoms of Stroke [https://www.cdc.gov/dhdsdp/data\_statistics/fact\_sheets/fs\_strokesigns.htm]
5. Coverdell Program [https://www.cdc.gov/dhdsdp/programs/stroke\_registry.htm]

Source: <https://www.cdc.gov/features/survive-stroke/index.html>

# Nursing Talk

## THE SHOEMAKER'S CHILDREN GO BAREFOOT

Dear Cassandra,

My life is so busy now. I've been working forty hours a week as the nurse for a four-year-old little boy. My own children have after-school activities and Boy Scout meetings in the evening. My husband sometimes has to go out of town for a week or more on business. Sometimes I feel overwhelmed.

It has been several years since I have gone to a doctor.

### *Taking Care of Everyone Else in Chicago*

Dear Taking Care of Everyone Else,

What you are feeling is quite natural. It is called vocational irony, a type of situational irony. It is very common in the medical profession. If a supervisor in a hospital asks a nurse to work two shifts back-to-back, does the nurse refuse? No, she often agrees to fill in. Burnout is common among nurses. The one providing care to others is herself suffering.

This phenomenon occurs in people in other professions, too. The doctor feels a need to be available. The lawyer wants to provide the best legal advice, to represent his client in the best way possible. The house painter spends his hours beautifying the homes of his customers while the paint is peeling from his own house.

The behavior is immortalized in the old saying, "The shoemaker's children go barefoot." It is the same as "The cobbler's children have no shoes." The behavior is described as follows on <http://tvtropes.org>, "An individual is very good at his profession, but he is completely unable or unwilling to use this ability to help himself or his own family." It's not that he doesn't care about his children. It's just that he is too busy doing work for which he is paid.

According to <https://www.bookbrowse.com>, the earliest recording of this proverb is in John Heywood's 1546 book of proverbs.

In addition to working too many hours,

*Continues on page 4*

# Prevent Lyme Disease

## Nursing Talk

Continued from page 3

you may be neglecting your own health by failing to get routine check-ups and tests. These include blood pressure screening, cholesterol check, pap smear and pelvic exam, mammogram and breast exam, bone density screen, blood glucose test, colon cancer screening, body mass index, skin examination, and dental check-up.

You have to make yourself a priority. Start now by making an appointment with your primary care physician. He will know what tests you need and when they should be done.

*Cassandra*

We invite you to submit questions for this column. E-mail [edward.lara@ahhc-1.com](mailto:edward.lara@ahhc-1.com).



### **Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans.**

Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

People living in or visiting New England, the mid-Atlantic states, and the upper Midwest are at greatest risk. But you and your family can prevent tick bites and reduce your risk of Lyme disease.

### **Protect Yourself from Tick Bites**

Know where to expect ticks. Blacklegged ticks (the ticks that cause Lyme disease) live in moist and humid environments, particularly in and near wooded or grassy areas. You may get a tick on you during outdoor activities around your home or when walking through leaves and bushes. To avoid ticks, walk in the center of trails and avoid walking through tall bushes or other vegetation.

Repel ticks on skin and clothing. Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth. Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

The Environmental Protection Agency (EPA) has an online tool to help you select

the repellent that is best for you and your family. [<http://cfpub.epa.gov/oppref/insect/>]

For detailed information about preventing ticks on pets and in your yard, see Lyme Disease Prevention and Control. [<https://www.cdc.gov/lyme/prev/index.html>]

For detailed information for outdoor workers, see NIOSH Safety and Health Topic: Tick-borne Diseases. [<https://www.cdc.gov/niosh/topics/tick-borne>]

### **Perform Daily Tick Checks**

Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. [<https://www.cdc.gov/lyme/removal/index.html>] Take special care to check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

### **Remove Attached Ticks Quickly and Correctly**

Remove an attached tick with fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your

*Continues on page 5*

# Prevent Lyme Disease

*Continued from page 4*

chance of getting Lyme disease is extremely small; however, other diseases [<https://www.cdc.gov/ticks/diseases/>] may be transmitted more quickly.

Over the next few weeks, watch for signs or symptoms of Lyme disease [[https://www.cdc.gov/lyme/signs\\_symptoms/index.html](https://www.cdc.gov/lyme/signs_symptoms/index.html)] such as rash or fever. See a healthcare provider if you have signs or symptoms. For more information, see tick removal. [<https://www.cdc.gov/lyme/removal/index.html>]

## **Be Alert for Fever or Rash**

Even if you don't remember being bitten by a tick, an unexpected summer fever or odd rash may be the first signs of Lyme disease, particularly if you've been in tick habitat. See your healthcare provider if you have symptoms.

## **Prevent Ticks on Animals**

Prevent family pets from bringing ticks into the home [[https://www.cdc.gov/lyme/prev/on\\_pets.html](https://www.cdc.gov/lyme/prev/on_pets.html)] by limiting their access to tick-infested areas and by using veterinarian-prescribed tick collars or spot-on treatment.

## **Create Tick-safe Zones in Your Yard**

Modify your landscaping to create "Tick-Safe Zones." [[https://www.cdc.gov/lyme/prev/in\\_the\\_yard.html](https://www.cdc.gov/lyme/prev/in_the_yard.html)] It's pretty simple. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Regularly remove leaves, clear tall grasses and brush around your home, and place wood chips or gravel between lawns and wooded areas to keep ticks away from recreational areas (and away from you).

**Use a chemical control agent.** Effective tick control chemicals are available for homeowners to use, or a professional pest control expert can apply them.

**Discourage deer.** Deer are the main food source of adult ticks. Keep deer away from your home by removing plants that attract deer and by constructing barriers (like a fence) to discourage deer from entering your yard and bringing ticks with them.

## **More Information**

- Disease of the Week – Lyme Disease [<https://www.cdc.gov/dotw/lyme-disease/index.html>]

*Source: <https://www.cdc.gov/features/lymedisease/>*

# Employee Handbook

## Complaints and Grievances

American Home Health Corporation truly depends on the professionalism and dedication of you, our most treasured asset. That is why we strive to create and maintain a positive working environment. When problems or complaints arise, it is important that these matters be thoroughly investigated and resolved.

Please inform us about any condition that may be causing you a problem on the job. It is your responsibility to identify and openly discuss with us any problems as well as suggestions you may have. It is our responsibility to help you correct problems and to evaluate/implement your ideas when you make them known.

American Home Health Corporation asks that you use the following procedure to handle suggestions, problems and complaints relating to your position:

- Discuss any problems, complaints or suggestions concerning your job, or any matter relating to it, with your immediate supervisor as soon as you become aware of the situation. Never discuss an administrative problem with

your client or their care partner or with other nursing personnel.

- If the matter is not satisfactorily resolved with your immediate supervisor, we encourage you to request a review with his/her supervisor, who will work to resolve the issue.
- If no reasonable solution can be reached, you may contact the AHHC Human Resources Department directly for a review of the matter.

American Home Health Corporation's procedures to handle complaints about an employee are:

- Supervisory personnel document any complaint made by AHHC clients or their representatives on their observations and assessments of inappropriate behavior or performance.
- The complaint is discussed with the employee who is requested to respond to the issue.
- If the complaint is basically due to client/employee communication prob-

lems, the AHHC's supervisory personnel will intervene to help resolve the issue.

- If the complaint involves clinical performance or judgment, a question of ethics or competency or a failure of the employee to fulfill AHHC standards of service, action will be taken to resolve the issue in the best interests of client safety, AHHC's reputation, and the employee's career.
- Recommendations for further education and training may be made if the complaint arose over a clinical issue.
- Disciplinary action resulting in probation, termination on a particular assignment, or termination of employment will be taken as determined by the Nurse Supervisor, Human Resources and Finance Director or President.

*Source: Employee Handbook page 12*

# WANTED 474 PEOPLE

TO READ THE BLOG EACH WEEK

MUST BE CURIOUS, INTELLIGENT,  
THOUGHTFUL INDIVIDUALS WHO ARE OPEN TO  
NEW IDEAS. LEARN NEW NURSING PROCE-  
DURES, COLLECT RECIPES, READ  
MONEY-SAVING TIPS, WATCH VIDEOS, ENJOY  
RERUNS OF LETTERS TO CASSANDRA,  
AND MORE.

JOIN the hundreds of nurses, office staff,  
family members, and the general public.  
Become a faithful reader of the American  
Home Health blog at [www.ahhc-1.com](http://www.ahhc-1.com).

FOR MORE INFORMATION,  
CALL 1-630-236-3501.

